Relaxation Tips

The workplace can be a terribly stressful environment. And because stress can impair your ability to work effectively, it's always a good idea to take a break and relax for a few minutes. Here are some tried and true tips to help you relax at the office:

Breathe: Stop what you're doing and take ten long, deep, cleansing breaths. On the inhale, imagine every muscle receiving oxygen. On the exhale, breathe out long and slow and visualize the tension leaving your body.

Stretch: Stand up and reach for the ceiling. Bend down and touch your toes. The hamstring muscles tend to get tight after long hours at the desk. Reach your left arm over and behind your head and hold your right elbow while giving a gentle stretch. Repeat the exercise with the other arm. Very slowly roll your head from front to side, side to front, and back to the other side, feeling a gentle stretch at each point. Hold each stretch for 20 – 60 seconds while breathing deeply.

Exercise: If you can manage to squeeze in 5 – 10 minutes of jumping jacks or just a brisk walk around the block or parking lot, you'll find that even this small cardiovascular workout can make you feel surprisingly rejuvenated and relaxed.